

What can I do if I have diabetic kidney disease?

Once you have diabetic kidney disease, you can slow it down or stop it from getting worse by watching your blood glucose and blood pressure numbers closely to keep them under control.

If you have high blood pressure or protein in your urine, you can take an ACE inhibitor or ARB to control your blood pressure and reduce kidney damage. If you are pregnant, you should not take an ACE inhibitor or ARB.

See your doctor often. Have your urine and blood tested as your doctor advises to see how well your kidneys are working. You also may need to see a **nephrologist**—a doctor who specializes in kidney disease.

